

Inspection ends today



Photos by Staff Sgt. Tia Schroeder

Airman Zachary French, 509th Security Forces Squadron, uses a Trans Frisker Device to search Tech. Sgt. Stewart Reiter, 509th Aircraft Maintenance Squadron, during a random anti-terrorism measure for the Nuclear Operational Readiness Inspection Sunday. By regulation, the wing must be inspected every three years. The last NORI took place in September 2001, but was cut short by the Sept. 11 terrorist attacks.



Airman 1st Class Jeffrey Carlson, 509th Aircraft Maintenance Squadron, and Senior Airman Cedrick Godwin, 509th Maintenance Squadron, load cargo onto a C-130 during the Nuclear Operational Readiness Inspection Monday. The Airmen are members of the Bomber Strategic Aircraft Regeneration Team. The purpose of the Air Combat Command NORI is to validate and improve the command's nuclear bomber capability by educating, motivating and independently evaluating ACC units to test its potential wartime taskings. The NORI outbrief is a mandatory formation for the wing and begins at 9 a.m. Monday at the 442nd Fighter Wing's 5-bay hangar. Personnel should be in place by 8:30 a.m.

Red Carpet Rollout

Col. Albert Riggle

U.S. Central Command Director of Joint Security

Richard Davis

Department of State Bureau of Arms Control
Director of Strategic Negotiations

News in Brief

'House of Nightmares' opens

The Whiteman "House of Nightmares" opens 6-9 p.m. today and 5-8 p.m. Saturday at 821 Marshall St.

Admission is \$3 or a donation of Thanksgiving-themed canned goods and non-perishables. All proceeds from this event will be given to the Whiteman First Sergeant's Group for their Thanksgiving food drive program. For more details, call Staff Sgt. Brad Calahan at 687-6391.

Trick-or-treating hours set

Base Halloween trick or treating takes place 6-8 p.m. Sunday. Housing residents who don't wish to participate should turn off their porch light. For more details, call Tech. Sgt. Carol Wiggins at 687-5175.

Check candy before consuming

Law enforcement agencies around the country report a growing trend of individuals contaminating lollipops with controlled substances. These pops are a particular threat to children due to their appealing packaging.

Halloween candy safety tips:

- ✓ Instruct children not to snack on candy while out trick or treating. Examine all candy for tampering before consumption.
- ✓ Tell children not to accept and, especially, not to eat anything that is not commercially wrapped.
- ✓ Discard homemade and unwrapped candy or treats, or if it appears to have been tampered with.
- ✓ Parents of young children should remove any choking hazards such as gum, peanuts, hard candies or small toys.
- ✓ Wash all fresh fruit thoroughly, inspect it for holes, including small punctures, and cut it open before allowing children to eat it.

Turn clocks back Sunday

Team Whiteman members are reminded to turn clocks back one hour Sunday for daylight-savings time. This is also a good time to check and replace the batteries in household smoke detectors.

Gas pumps temporarily close

On Wednesday, contractors will switch the fuel from the underground to aboveground tanks at the shoppette. During this time, the gas islands will be closed; however, the store will remain open.

There will be ongoing construction around the islands throughout November. Shoppette officials urge customers to use caution when driving in the area.

Mizzou honors military members

The University of Missouri vs. Kansas State football game takes place Nov. 6.

The pregame tailgate party begins at 8:30 a.m. in the Hearn Field House in Columbia, Mo. Game time is 11:30 a.m. Tickets are sold out for this event.

Free transportation will be provided to and from the event. Team Whiteman members who wish to ride the bus must meet at the deployment facility parking lot at 6:45 a.m.

Commander's Corner

By Col. Chris Miller
509th Bomb Wing Commander

A LITTLE AT A TIME — We've taken one of our toughest recurring tests this week with the Nuclear Operational Readiness Inspection. It is a demanding mission, requiring attention to detail like nothing else. Thanks for rising to the challenge — as you read this, we're finishing the final events of the inspection! All of you are invited to the outbrief at 9 a.m. Monday at the 442nd Fighter Wing's 5-bay hangar.

DON'T STOP NOW — Everyone's ready for a change of pace, I'm sure, but we can't "turn into pumpkins!" Our children will be out in force this weekend enjoying some holiday fun — keep an eye out for them, use lights and reflectors, and be care-

ful with candy. If you're taking a post-NORI vacation, be smart and make **safety** a part of your plan.

GOOD LUCK TO LRS — Our 509th Logistics Readiness Fuels Management Flight is in the finalist category for Air Combat Command's Drake trophy for the first time ever. This is already a great reflection on the achievements of a vital group of Airmen. A team will visit next week to judge their performance. Best of luck to our LRS professionals!

THE WORLD AT OUR DOOR — In recent weeks, we've hosted several media visits, to include the Wheel of Fortune contestant search. If you've been a 509er for very long, you know the world is interested in us and our unique mission. In the

next couple of months, we'll have more visitors, including the British Broadcasting Company on Election Day.

Remember — you're America's airpower ambassadors. We must take full advantage of every opportunity to show the world why ours is the finest air and space force in the world. Both our friends and our enemies around the world need to see our strength, and media engagement is an important way we accomplish that. Thanks for going the extra mile to represent the Air Force!

DECISIONS, DECISIONS — I hope every Airman plans to have their voice heard Tuesday. Airmen, Soldiers, Sailors and Marines defend the right to **vote**. It only makes sense for us to exercise that right.



Photo by Airman Jason Burton

A little horror, a lot of help — More than 20 ghouls wait to greet the "House of Nightmare" goers tonight and Saturday. The Whiteman "House of Nightmares" opens 6-9 p.m. today and 5-8 p.m. Saturday at 821 Marshall St. Proceeds from the haunted house benefit the Whiteman First Sergeant's Group's Thanksgiving food drive program.

Making choices can effectively change life's direction

By Col. (Dr.) Rick Bachmann
509th Medical Group Commander

I had a great heart to heart discussion with my teenage daughter recently. We revisited a favorite subject for us to talk about — choices.

She's now at the age when she will increasingly have to make adult choices — life-altering choices. It's a scary thought for both of us!

The choices we make often determine the paths our lives take — they deserve some serious thought. For example, her choice of whether or not to hit the books hard in high school, will determine whether the college of her dreams will accept her, or if she goes to college at all. My daughter's choice of friends may determine what kinds of peer pressure she may feel to engage in alcohol, drugs, sex, reckless driving and all the other things parents worry about with teenagers.

In the beginning, so many doors are open and so many paths are available. As you make choices and move down the path, some doors may close. So, how do you recognize when you're making an important choice and what your options are? How do you find and stay on the right path?

I believe there are three steps we should follow to ensure we're on the right path. First, we must begin with the end in mind — consider where we want to end up. Do you want to be a doctor, pilot, world-class athlete, colonel or chief?

Children are often asked, "What do you want to be when you grow up?" The fact that a child's answer changes weekly shouldn't surprise anyone. By the end of adolescence, this answer should have settled out. Unfortunately, some people never really decide. Not making a



Photo by Airman Jason Burton

Col. (Dr.) Rick Bachmann, 509th Medical Group commander, talks to Master Sgt. Steve Chabotte, 509th Medical Support Squadron, about making important decisions.

decision is also a choice, but not a good one.

After deciding on a goal, we should think through the steps to achieve it. For most goals there are clear steps that must be taken. It's tough to get into medical school if you

don't finish high school. A good counselor or mentor can help define the path if it's not obvious.

Finally, we must regularly assess our progress — are we on the right path? And if not, how can we get back on track? If my goal is to be a millionaire and I'm flipping burgers, that might be OK at 17 and probably not OK if it's my full-time job at 29.

Education is the single most effective way to change the path you're on. Many people join the military to pay for college and Airmen, at all levels, are encouraged to enroll in off-duty education. It's no accident that immigrants to the United States often value education — they recognize it as the clearest path to improving their lives.

Most of all, we have to recognize when we're confronted with a choice, particularly one that will close doors. It can be obvious choices, like deciding to drop out of school. It can be a simple as choosing to drive a car after having a couple drinks. Every choice we make either keeps us on our path or knocks us in a different direction. The ancient Greek philosopher Aristotle said, "We are what we repeatedly do. Excellence, then, is not an act, but a habit."

You have the power to choose what you do, and if you do it regularly, that's what you become. A basically honest person can fall into the habit of lying. If he does it once, he may not have changed his nature, but over time he will become that which he habitually does. An impatient person, by repeatedly making the choice to be patient, becomes patient.

Take a life inventory. What is your goal? What are you becoming? Have your daily choices pushed you off the path? If so, it may be hard, but probably not too late, to get back on the path. Don't wait!

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The deadline for article submissions to the Whiteman Spirit is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.

For more information, call the *Whiteman Spirit* office at 687-6133, fax us at 687-7948, e-mail: whiteman.spirit@whiteman.AF.mil or write to us at:

509th BW/PA, 509 Spirit Blvd. Ste. 111
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Defense Department launches anti-flu health campaign

(Editor's note: Active-duty members, who feel ill, should contact their supervisors before staying home from work. The Whiteman Spirit will print frequently asked questions about the flu and how to prevent it in the Nov. 5 issue.)

By Jim Garamone
American Forces Press Service

WASHINGTON (AFPN) — Department of Defense officials are launching a vigorous public health campaign aimed at preventing the flu in those who will not qualify to get their shots this season.

"To borrow a phrase from Franklin Roosevelt from many years ago, and I think it applies: The greatest thing we have to fear 'is fear itself,'" said Dr. William Winkenwerder, the assistant secretary of defense for health affairs. "This is a very manageable problem, a very manageable situation. Speaking for the military, I think we'll be able to manage this situation without any difficulty."

In fact, Dr. Winkenwerder said, "there's some chance we could have a low influenza season" because of the efforts to target the vaccine for higher-risk individuals, "and being very ... forward-leaning, and pushing out our messages for all others on how to prevent the spread of infection."

Dr. Winkenwerder said the messages are very simple but important. He mentioned the oft-repeated preventive practices of washing hands and covering mouths when coughing or sneezing. If people get sick, he said, they should "stay away from other people. In fact, if you really feel bad, don't come into work. Don't spread an illness."

Dr. Winkenwerder said the Tricare Web site — <https://www.tricare.com> — will have these tips and more. DOD officials will also get the message out via posters, newspapers, radio and television.

With the shortage of flu vaccine, Department of Health and Human Services and Centers for Disease Control and Prevention officials are asking many healthy Americans to forgo getting a flu shot this year. In DOD, this means servicemembers who are not deploying, and healthy family members not in the high-risk groups will not get the shot.

CDC officials said there are no current outbreaks of the flu, "but we really haven't gotten into the season yet." Officials also said they believe this will be a fairly typical flu season. They said with the increased attention surrounding the vaccine shortage, they hope that people will pay more attention to preventive measures.

Telephone survey ongoing

To help the 509th Medical Group leadership assess and improve the quality of medical service, an authorized person calling on "behalf of the Office of the AF Surgeon General and the 509th Medical Group" will contact patients one to two days after their appointment.

This is a short six to eight question survey authorized by the Air Force Surgeon General. Calls are made between 5-8 p.m. weekdays, except holidays. The caller



doesn't have access to any personal medical information nor will patients be requested to provide that information.

Additionally, callers are not authorized to ask for a social security number. If the caller requests a social security number, hang up.

MedGp officials encourage and appreciate your support of this survey and its efforts to improve medical service quality. For more information, call 687-2010 or 687-5631.



Photo by Airman Jason Burton

Hammertime

Airman 1st Class Addison Coyle, 509th Civil Engineer Squadron, uses a jack hammer to remove concrete. Airman Coyle and other members of the 509th CES replaced 100 feet of pipe, which broke and was causing drainage problems at the base car wash.

Postal agency sets overseas holiday mailing dates, policies

By Staff Sgt. Todd Lopez
Air Force Print News

WASHINGTON — The dates for mailing items to and from overseas locations in time for the holidays are fast approaching, and officials at the Military Postal Service Agency here have suggestions for ensuring packages and letters arrive on time.

"If packages are mailed earlier, it may be possible to use space-available mail or parcel post service, which would result in less expensive postage rates," said Mark DeDomenic, the agency's chief of operations.

As the holidays approach, mail volumes get higher, and it takes longer for packages to get through the system, Mr. DeDomenic said.

The recommended deadlines for sending mail from the United States to all overseas military mailing addressees for the holidays are:

- ✓ Parcel post: Nov. 13.
- ✓ Space-available mail: Nov. 27.
- ✓ Parcel airlift mail: Dec. 4.
- ✓ Priority and first-class letters/cards: Dec. 11 (Dec. 6 for APO 093).
- ✓ Express mail military service: Dec. 20 (Not applicable for APO 093).

Mr. DeDomenic said these dates can also be observed by customers sending mail from overseas locations to the

Post Office hours

Whiteman post office hours are
8:30 a.m. -12:30 p.m. and 1:30-4 p.m.
weekdays, and 9-11 a.m. Saturdays.
The Knob Noster post office hours are 8
a.m.-4:30 p.m. weekdays and 8:30 a.m.-
11:30 a.m. Saturdays.

United States, and that all dates may vary depending on location.

"Customers should contact their local military post office overseas get exact dates," Mr. DeDomenic said.

People mailing packages need to be aware that customs forms are required on all international mail, and that shipments should be properly packaged before sending them overseas, Mr. DeDomenic said.

"Always use strong boxes with plenty of packing material, such as newspaper or popcorn," he said. "Strapping or reinforced tape is strongly recommended. Ensure fragile items are packed tightly and individually wrapped in bubble wrap."

Postal services in the United States and foreign nations

have restrictions on what can be mailed in or out of the country. Mr. DeDomenic said postal customers need to consider these restrictions and also the length of the journey when mailing items overseas.

"Generally speaking, anything that would cause harm to other mail, equipment or mail handlers, or anything that is hazardous to an aircraft in-flight is nonmailable," Mr. DeDomenic said. "Customers should check with their local military post office for specific regulations. In general, plants, some food items such as meats, alcohol, hazardous materials and flammable goods may not be mailed."

Also critical to getting packages overseas on time is ensuring they have the correct mailing address.

The No. 1 reason for delayed delivery of mail is improper or incomplete addresses, Mr. DeDomenic said.

He said people sending mail to an overseas APO or FPO, should not use the geographical location. For example, do not use Baghdad, Iraq, on the address. This will cause the mail to be placed into the international mail system and may cause severe delays.

Because of security restrictions, mass-mailing operations such as Operation Dear Abby or the "Any Servicemember" mailing programs are not being supported by the agency, Mr. DeDomenic said.

Agency officials encourage servicemembers to support the publicly available Web sites that allow the American public to write supportive letters to them.

Air Force officials launch user-friendly news product

SAN ANTONIO (AFPN) — Air Force officials announced a new e-mail service Oct. 20 that gives subscribers a user-friendly news summary with links to extensive news and information, as well as audio and video news reports.

Those wishing to receive the free e-mail news summary, called “AF Today,” can subscribe by going to Air Force Link at <http://www.af.mil> and clicking on “Subscribe” on the right side of the site’s banner.

AF Today was developed after analyzing user trends and surveys showing news customers wanted useful information with less clutter.

“Our research shows many people feel they get too much junk e-mail and spend too much time searching multiple Web sites for information,” said Bob Jensen, chief of the news operations division at the Air Force News Service here. “AF Today

offers our news products to our customers at their convenience.”

New computer software now makes it possible to package multiple Web links and images into a single-page e-mail message. Once subscribers sign up, the system will automatically deliver the message to their inboxes every weekday.

“In a world of deployments, mission flexibility and an ever-changing security environment, balancing a need for news and managing time is challenging,” said Leslie Benito, chief of AFNS’s Web operations branch. “To help meet these challenges, we find new software to give our customers targeted products and provide them with what they want.”

Air Force News Service now offers 22 e-mail subscription services free of charge. These range from the weekday Air Force Print News and monthly Airman magazine to news from Air Force major commands.



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Photo by U.S. Army Reserve Master Sgt. D. Keith Johnson

Staying vigilant

BAMIAN, Afghanistan — Capt. Daniel Lueck (left) and an Afghan National Army soldier work together to provide security during the opening of the Bamian National Army Volunteer Center here. The center is one of several that have opened across Afghanistan to recruit soldiers for the new Afghan National Army. Capt Lueck, stationed at Whiteman, deployed to Afghanistan in July. He’s assigned to the Office of Military Cooperation-Afghanistan Comptroller’s Office and routinely volunteers to assist the security team.

1st Sergeant’s View

(Editor’s note — The 1st Sergeant’s View gives Whiteman first sergeants a chance to remind people of correct uniform wear, customs and courtesies and proper military decorum. Each week, a different first sergeant will share their view.)

By Master Sgt. Sheila Moses

509th Logistics Readiness Squadron
First Sergeant

Can you believe Halloween is here? That means the Thanksgiving and Christmas holidays are just around the corner.

For most, these occasions are very happy ones, but for some they can be stressful. Some of the challenges people face include finding time to do everything we must do, financial stressors, or being apart from loved ones, which can make the holidays a trying time.

If you prepare yourself early, you could possibly help alleviate some of the stress. I suggest buying a few gifts each payday so that by the time Christmas comes, you’ll have one less thing to worry about.

During the holiday season, there are

plenty of people willing to help out those less fortunate.

The first sergeants sponsor a Turkey Basket program during Thanksgiving and Operations Warm Heart during Christmas. There’s also an Angel Tree program and; no matter what time of year it is, a fully stocked food pantry is located at the family support center. We know your pocket book doesn’t get fat by being in the military — don’t be afraid to ask for help if needed.

Besides that, make time for yourself during the upcoming holidays. Getting away a few times each week to exercise is a great way to keep the stress level down and also work off some of those holiday treats.

If you’re one of the fortunate people who can thoroughly enjoy the holiday season with no stress, take a look around you to see if someone else could use your help. For example, you could volunteer to babysit a couple hours for someone whose spouse is deployed or donate time to one of the programs mentioned above.

By taking care of one another, we’ll all get through the upcoming holidays happy and healthy!

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Whiteman Spirit Award



Tech. Sgt. Dan Williams
509th AMXS

Michelle Hunt
WOSC

Lt. Col. Paul Tibbets
325th BS

Lt. Col. Paul Tibbets, 325th Bomb Squadron; Tech. Sgt. Dan Williams, 509th Aircraft Maintenance Squadron; and Michelle Hunt, wife of 1st Lt. Kevin Hunt, 509th Maintenance Group; received the Whiteman Spirit Award from Col. Chris Miller, 509th Bomb Wing commander, Oct. 19.

Hayley Batterson, American Red Cross donor recruitment account manager, and Colonel Miller nominated these people to recognize their efforts in making the Sept. 16- 17 ARC Blood Drive here successful.

Mrs. Hunt was the Whiteman's Officer Spouses' Club blood drive program coordinator.

"Michelle was willing and eager to go the extra mile to ensure the success of this event," Mrs. Batterson said.

Mrs. Batterson said Colonel Tibbets helped educate pilots on the importance of giving blood, and his efforts led more than 12 pilots to become either first-time or repeat donors in the past year. He also coordinated a B-2 tour for ARC volunteers who had never seen the aircraft.

Mrs. Batterson also recognized Sergeant Williams, a crew chief who helped give the tour to the Red Cross volunteers.

"His remarks were most helpful in our understanding of the aircraft and his role as crew chief," she said.

In a letter Mrs. Batterson wrote to Colonel Miller, she thanked the Whiteman team and the Spirit Award recipients for their support during September's blood drive.

"I am confident you realize what incredible assets Michelle Hunt, Lt. Col. Paul Tibbets and Tech. Sgt. Dan Williams each are to Whiteman AFB," she wrote.

Personally Speaking

Name: Lt. Col. Paul "Nuke" Tibbets
Duty title: Director of operations
Time on station: 1 year (was also here 1995-2000)
Time in service: 15 years
Hometown: Montgomery, Ala.
Spouse: Angelle
Children: Avery, 4; and Paul, 2.
Hobbies: Reading, spending time with my family, and volunteering at church and in the community.
Goals: Be the best father and husband I can be, raise children who love the Lord, and serve admirably.
Best thing about Whiteman: Working with the finest people in the world.
Pet peeves: People who don't appreci-

ate what they have.

What motivates your winning spirit? God and my family.

If you could change on thing about Whiteman, what would it be? Build a drive-up coffee shop.

Personally Speaking

Name: Tech. Sgt. Dan Williams
Duty title: B-2 hydraulic specialist
Time on station: 9 years, 9 months
Time in service: 14 years
Hometown: Higginsville, Mo.
Spouse: Jennifer
Children: Jessica, 14; Katlyn, 10; and Cortny, 7

Hobbies: Spending time with family, repair lawn mowers and attend auctions.

Goals: Retire as master sergeant, become self-employed and spend more time with family.

Best thing about Whiteman: The family/community atmosphere, with quick access to metropolitan activities.

Pet Peeves: People that don't give 100 percent or are always down on life.

What motivates your winning spirit? My family and the ability to fight for the freedoms of our country, like the men and women before me.

If you could change one thing about Whiteman, what would it be? Enable everyone to see all the benefits and opportunities there are available right here, so they might join in with the "Spirit"!

Personally Speaking

Name: Michelle Hunt
Duty title: WOSC blood drive coordinator
Time on station: 2 years
Hometown: Wichita, Kan.
Spouse: 1st Lt. Kevin Hunt, 509th Maintenance Group
Children: Preston, 2; and Brady, due in December.
Hobbies: Running, baking, and reading
Goals: Continue to make every blood drive as successful as my first.
Best thing about Whiteman: The great friends we've made.
Pet Peeves: Negative attitudes and bad customer service.
What motivates your winning spirit? Knowing that my efforts can actually save hundreds of lives.
If you could change one thing about Whiteman, what would it be? Ensure there is a children's room in the newly remodeled gym.

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Internet coupons stretch commissary customers' savings

By Bonnie Powell

Defense Commissary Agency

FORT LEE, Va. (AFPN) — Commissary shoppers are among the top coupon clippers in the world, but the “clipping” part may someday be history. The Defense Commissary Agency is helping customers increase their savings by making Internet coupon links available on the agency’s Web site at <http://www.commissaries.com>.

“Although we sell groceries at cost, we are always seeking new resources to help our customers increase their savings,” said Patrick Nixon, the agency’s chief executive officer. “As the trend toward Internet coupons grows, this section of our Web site will continue to grow as well.”

Along with top Web sites for military grocery coupons, the new section has a link to a new site that offers a choice of English or Spanish. For customers who prefer more traditional coupons, another link offers commissary shoppers the opportunity to sign up for coupons by mail.

According to a 2003 marketing report, military commissaries are among the top five retailers redeeming grocery coupons. The most common coupons offered are free-standing inserts typically found inserted in newspapers or made available at the commissary. But the use of Internet coupons has grown substantially, with redemption rates rivaling the inserts.

Commissaries, as well as other grocery retailers, stopped accepting home-printed coupons in September 2003 because of instances of fraud, but despite the industry ban, consumer use of Internet coupons flourished in general.

All 273 commissaries worldwide now accept computer-generated Internet coupons if they have a bar code for scanning purposes, and the coupons do not offer free products.



Exchange service offers deployed members options

By Capt. Diane Weed

Army Air Force Exchange Service Public Affairs

The holidays are right around the corner and deployed troops have enough on their minds without having to worry about how to get the perfect gifts for their loved ones.

The Army & Air Force Exchange Service takes the stress out of holiday shopping with Operations Forward Thanksgiving and Forward Santa.

“The goal of this program is to assist those serving downrange with their holiday shopping and, hopefully, make them feel a little closer to their family and friends during the holidays,” said Patty Dromey, AAFES’ catalog and e-commerce manager.

The Forward Thanksgiving and Forward Santa programs are specifically designed for deployed troops. Flyers listing various gift items will be available at downrange AAFES stores for troops to pick up. The deployed person must check which items they want and take the completed flyer to an AAFES associate by Nov. 10.

Deployed service members can also call 214-583-5614, mention that they’re deployed to Operations Iraqi Freedom or Enduring Freedom, and get specialized assistance placing holiday orders. Calls and orders must be placed by Nov. 17.

The third option for deployed troops wanting to take care of their holiday shopping from downrange is to log on to <http://www.AAFES.com> and browse through the products available through the Online store, CentricMall and virtual vendors.

Dromey notes that all items listed specifically for either operation are specially priced. Also, “when putting together the assortment, we tried to make sure we have something for everyone...mom, dad, children, teens, wife, husband, girlfriend, etc.,” she said.

Free gift-wrapping on all holiday items is available where applicable and Christmas packages are marked “Do not open until Dec. 25.”

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Winter safety tips available

By David Kehoe
509th Civil Engineer Squadron Readiness Flight

With autumn upon us, all eyes turn toward football or the baseball playoffs; however, an enemy is out there just waiting to strike Whiteman once again. It’s old man winter and he can’t wait to get here. When he does arrive, will you be prepared to take him on? These tips will help you prepare for this dangerous time of year:

Before a winter storm hits

1. Learn the terms used by weather forecasters:

Freezing rain — Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and power lines.

Sleet — Rain or snow that turns to ice pellets before reaching the ground. Sleet causes roads to freeze and become slippery.

Winter Storm Watch — This is issued by the National Weather Service when conditions are favorable for the development of hazardous weather elements, such as heavy snow or sleet, blizzard conditions, significant accumulations of freezing rain or drizzle, or any combination thereof.

Watches are usually issued 12 to 48 hours in advance of an event. Related watches are issued for the base by the 509th Operations Support Squadron Weather Flight and must follow this criteria and desired lead times: Freezing precipitation (90 minutes), heavy snow (2 inches or more in 12 hours, and 90 minutes), and blizzard conditions (90 minutes).

Winter Storm Warning — This is issued by the NWS when hazardous winter weather conditions are imminent or very likely, including any occurrence or combination of heavy snow, wind-driven snow, sleet, and freezing rain or drizzle. Winter storm warnings are usually issued for up to a 12-hour duration, but can be extended out to 24 hours if the situation warrants.

The term “near-blizzard” may be incorporated into the “winter storm warning” for serious situations, which fall just short of official blizzard conditions. Related warnings are issued for the base by the 509th OSS Weather Flight and must follow this criteria and desired lead times: Freezing precipitation (90 minutes), and heavy snow (2 inches or more in 12 hours, and 90 minutes).

Blizzard Warning — This is issued by the NWS when sustained winds or frequent gusts are 35 miles per hour or greater, and considerable amounts of falling or blowing snow — reducing visibility to less than a quarter mile — are expected for three hours or longer. Blizzard warning criteria is the same for the base and the desired lead time is 90 minutes.

Frost Advisory or Freeze Warning — This is issued when below freezing temperatures are expected. The base doesn’t have an equivalent advisory or warning.

2. Prepare to survive on your own for at least three days. Assemble a disaster supplies kit. Be sure to include winter-specific items such as rock salt to melt ice on walkways, sand to improve traction, snow shovels and other snow removal equipment. Keep a stock of food and extra drinking water.

3. Winterize your home to extend the life of your fuel supply.

- ✓ Insulate walls and attics.
- ✓ Weather-strip doors and windows.
- ✓ Install storm windows or cover windows with plastic.

4. Maintain a supply of medicines, water, and food needing no cooking or refrigeration for several days.

During a winter storm

1. Listen to your radio, television or NOAA Weather Radio for weather reports and emergency information.

Watches and warnings are issued for the base by the 509th OSS Weather Flight and are disseminated through the command nets, Local Weather Network System and by telephone through your chain of command.

2. Eat regularly and drink ample fluids, avoiding caffeine and alcohol.

3. Dress for the season:

- ✓ Wear several layers of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.

- ✓ Mittens are warmer than gloves.
- ✓ Wear a hat; most body heat is lost through the top of the head.
- ✓ Cover your mouth with a scarf to protect your lungs.

4. Be careful when shoveling snow. Overexertion can bring on a heart attack — a major cause of death in the winter. If you must shovel snow, stretch before going outside and don’t overexert yourself.

5. Watch for signs of frostbite: loss of feeling, and white or pale appearance in fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, get medical help immediately.

6. Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If symptoms of hypothermia are detected, get the victim to a warm location, remove any wet clothing, warm the center of the body first, and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible.

Winter driving

About 70 percent of winter deaths are related to snow and ice, and occur in automobiles. If you travel by car and if possible, travel in the day, don’t travel alone, and keep others informed of your schedule. Stay on main roads; avoid back-road shortcuts.

1. Winterize your car — check the battery, antifreeze, wipers and windshield washer fluid, ignition system, thermostat, lights, flashing hazard lights, exhaust system, heater, brakes, defroster, oil level and tires. Consider using snow tires, or snow tires with studs or chains. Keep your car’s gas tank full.

2. Carry a disaster supplies “winter car kit” in the trunk of your car. The kit should include:

- ✓ Shovel,
- ✓ Windshield scraper,
- ✓ Battery-powered radio,
- ✓ Flashlight,
- ✓ Extra batteries,
- ✓ Water,
- ✓ Snack food,
- ✓ Mittens,
- ✓ Hat,
- ✓ Blanket,
- ✓ Tow chain or rope,
- ✓ Tire chains,
- ✓ Bag of road salt and sand,
- ✓ Fluorescent distress flag,
- ✓ Jumper or booster cables,
- ✓ Road maps,
- ✓ Emergency flares, and
- ✓ Cellular telephone or two-way radio, if available.

Fuels keeps the mission flowing

By Airman Jason Burton
Public Affairs

The 509th Logistics Readiness Squadron Fuels Management Flight is ready to "fill'er up" at a moment's notice.

The 66-member flight provides petroleum and cryogenic products, on time, any time, to the wing and the world.

The 509th LRS Fuels Management Flight, also known as Spirit Petroleum, Oil and Lubrication, is competing for the fiscal 2004 Drake trophy.

The Drake trophy recognizes the best fuels management flight in Air Combat Command. The evaluation team for the Drake trophy inspects the top three flights in the command. The winner of the Drake will then compete against other commands for the American Petroleum Institute Award, which is awarded to the best fuels flight in the Air Force.

This is the first time in ACC history that Spirit POL was selected as a Drake trophy finalist.

Flight members are honored to have this recognition.

"With Operation Enduring Freedom and Operation Iraqi Freedom, the world finally realizes how unique the B-2's mission is and how Spirit POL supports it," said Tech. Sgt. Marty Johnson, 509TH LRS NCO in charge of mobile distribution.

Spirit POL members worked hard for this opportunity.

"I've been here for over a year and I've noticed this flight has good teamwork and doesn't procrastinate. When we have a job to do, we get it done," said Airman 1st Class Andrew Bennett, 509th LRS fuels lab technician.

Many flight members believe the accomplishments over the past year speak for the entire team. These accomplishments include an environmental benchmark recognition during the ACC Environmental Safety Occupational Health Compliance Assessment and Management Program inspection.

The flight also had a near findings free ACC Logistics

Standardization Evaluation Team inspection and a nearly flawless ACC Unit Compliance Inspection, said Senior Master Sgt. Kenneth Wallace, 509th LRS fuels manager.

The flight's other accomplishments include zero foreign object damage and having the fuels resource enhancement team named a superior performer during the 2004 UCI. Additionally, Master Sgt. Steven Hertig, 509th LRS, was named ACC Fuels Technician of the Year.

Flight members provide POL service to the B-2, T-38 and the 442nd Fighter Wing's A-10s as well as the Missouri Army National Guard's AH-64 Apache.

Flight members have also worked abroad. During FY04, 28 Spirit POL members deployed to support Operations Enduring Freedom and Iraqi Freedom.

Both home and overseas, Spirit POL can get the job done, said 1st Lt. Adam Minnich, 509th LRS Fuels Management Flight commander.

Maj. Bruce Bartholomew, 509th LRS commander, agrees.

"The Spirit POL has performed outstandingly over the last year despite having 30 percent of its personnel deployed to various locations around the world. (The) fuels flight has, time and time again, risen to any challenges thrown at them," he said.

Many flight members believe its success is based on the hard work of its Airmen.

"One thing I've noticed is we're getting better quality Airmen from technical school," said Tech. Sgt. Christopher Steger, 509th LRS NCO in charge of fuel support. "These new guys are eager to learn and are ready to contribute to the mission."

The leadership of Spirit POL has ensured the flight's success.

"Spirit POL has some of the best senior NCOs in the Air Force," Lieutenant Minnich said. "Their experience has carried this flight through some difficult times."

The 509th Fuels Management Flight's performance has affected its squadron, group and the base as a whole.

By the 509th Fuels Management Flight ensuring its



Photo by Airman Jason Burton

Airman 1st Class Jeff Marquart, 509th LRS fuels lab technician, separates filters to test jet fuel.

goals are met, the 509th Bomb Wing, 442d Fighter Wing and the 1/135th Attack Battalion meet their mission, on time, every time, Lieutenant Minnich said.

Spirit POL members are ready for Drake trophy inspectors to see them in action Wednesday through Nov. 6.



Courtesy photo

Senior Airman Gregory Mills, 509th Logistics Readiness Squadron, checks the level of a fuel truck while deployed to Manas Air Base, Krygyzstan.



Photo by Airman 1st Class Ryan Wilson

Senior Airman Hardford Carre, 509th Logistics Readiness Squadron, adjusts the revolutions per minute while monitoring the nozzle pressure during an A-10 refueling.



Photo by Airman Jason Burton

Staff Sgt. Creon Faison, 509th Logistics Readiness Squadron Fuels Management Flight, observes fuels flight operations across the base. A security system allows operators to monitor the service station, flight line, liquid oxygen holding area, bulk storage and the fuels truck parking lot.



Photo by Airman Jason Burton

Airman Matthew Dickman, 509th Logistics Readiness Squadron Fuels Management Flight, attaches an off-loading hose to a refueling tanker. On average, Whiteman receives 2,304 commercial fuel tankers with more than 14.5 million gallons of jet fuel each year.

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Photo by Melissa Klinkner

Lt. Col. Cheryl Thompson, 509th Bomb Wing, staff judge advocate, has been assigned to Whiteman since July.



By Melissa Klinkner

Public Affairs

Armed with a friendly, positive attitude and a vision for success in the legal office, Lt. Col. Cheryl Thompson, 509th Bomb Wing, is equipped and ready to serve here, said Tech. Sgt. Annette Keyes, 509th BW.

Having arrived here three months ago from Randolph Air Force Base, Texas, Colonel Thompson has already made strides in making the legal office a welcoming place.

“One of my goals, besides providing outstanding service and advice to the wing, is for people to become familiar with the legal office so they feel comfortable when they come in,” Colonel Thompson said.

Colonel Thompson draws from past experience and assignments to introduce and implement new ideas in the legal office. Some of these plans include new officer development programs, participating in the Meals on Wheels program during December, and exploring all avenues of supplying the Whiteman community with helpful information.

“Colonel Thompson has brought several qualities to the legal office. She’s very motivated — her enthusiasm and passion for what she does is contagious,” said Capt. Shelly Hilliker, 509th BW chief of civil law. “She has an expectation of excellence by setting high, yet achievable goals — encouraging us to achieve success. She’s also brought understanding by encouraging open communication and genuinely seeking our opinions.”

As staff judge advocate here, Colonel Thompson and the legal office members contribute to the mission by advising and serving. “We advise our commanders on all types of issues from military justice to contracts and other similar topics, and we assist the Whiteman community with our legal assistance and preventative law,” she said.

Lt. Col. Terrence Sunnarborg, 509th BW director of staff, said, Colonel Thompson sincerely cares for her team. “She’s willing and glad to devote herself to her job and the tasks to be accomplished; she exemplifies the core value of service above self,” he said.

Core values are absolutely essential to what we do and to successfully completing the mission, Colonel Thompson said. “I love being connected to the bigger picture and to serving my country.”

Colonel Thompson, along with her husband Lt. Col. Steve Thompson, McConnell Air Force Base, Kan., has been serving our country and the Air Force since 1988. Both had been lawyers working in Dallas, yet wanted to do something more with their lives. They made the decision to apply for the Judge Advocate General Corps and said, “Both of us or neither of us.”

Since joining the military, Colonel Thompson has held steadily to her goal of making a difference for the Air Force and in the lives of the people she helps and who work for her. “I want to do my best and make things better — not by sitting still — but by continuing to move forward and make things better than we found them,” she said.

When not devoting her time and energy to Whiteman and the legal office, Colonel Thompson enjoys cooking, hiking, spending time outdoors and, above all, spending valuable time with her husband.

Colonel Thompson said she’s loved something about every assignment she’s ever had — and can tell Whiteman will be just the same. “I’ve really liked the beauty of the countryside, the exciting mission here and especially the people,” she said. “I’m lucky to have come into an excellent office on a wonderful base.”

Trick or treat: What about teeth?

By Capt. (Dr.) Sara Hogge
509th Medical Operations Squadron

With Sunday's trick or treating, most ghosts and goblins don't think about the effects of candy on their teeth.

Cariology, the study of cavity formation, stresses four critical components that must be present for development and progression to occur. Though brushing and flossing are important, diet is the most significant contributor to consider.

What causes a cavity to form? If you think it's sugar, you're only half right. The bacteria that cause cavities live in our mouths, use the sugar we eat as an energy source, and form acid as a byproduct. The acid it produces causes tooth decay, which overtime can create a hole in the tooth that the dentist sees as a cavity.

Teeth, bacteria, sugar, and time are necessary for a cavity to form. Everyone who has teeth is susceptible to cavities, though some people are more susceptible than others.

Numerous bacteria live in our mouths, on our teeth and gum tissue. Plaque is a sticky film composed of bacteria which can only be removed by brushing and flossing. Every time we ingest any kind of sugar, the environment in our mouths changes and favors cavity formation. The bacteria consume the sugar products to form acid. Provided that no other sugar source is introduced during that time, the cavity favoring period will end in about 20 minutes.

With continued eating or drinking, the cavity formation window can be extensively prolonged. Sticky, retentive foods and slowly dis-

solved food are the worse for teeth than foods that melt quickly. Chips, toffee, lollipops, life savers, and even raisins or bananas are more likely to cause cavities than chocolates.

Some people are more likely to get cavities because of their diet, which is related to the time component of the process. It's the length of time that the sugar or acid is in contact with the teeth, and not the amount of sugar present.

This is why sipping your favorite drink can be harder on your teeth than you thought. People who sip on soda, fruit juice or performance drinks are among the highest at risk for cavities due to the constant introduction of sugar and acid into their mouths.

Hygiene runs a close second to diet and that's why the dentist advises brushing twice a day. Plaque builds up every 12 hours ; however, brushing and flossing regularly helps keeps this bacteria under control.

One final factor is fluoride exposure. Fluoride helps make teeth more resistant to acid breakdown. Fluoride is important during teeth development, and it can be absorbed indefinitely throughout life by using toothpaste and drinking water containing fluoride.

How can you minimize getting any new cavities this Halloween? Avoid sticky foods and aim to gobble them up in a reasonable amount of time. Make smart snacking choices by eating your treats in one sitting.

If you aren't able to brush afterward, water is a good alternative since it can help rinse away sugar and provides fluoride to make teeth stronger. That way, your teeth will have a happy Halloween, too!



Photo by Master Sgt. Art Roy

Spelunking

Members of Whiteman's Boy Scout Troop 509 went cave exploring at Rock Bridge State Park in Columbia, Mo., Oct. 16-17. The troop made two trips in to Conner's Cave, which is a approximately 75 feet underground and is a small portion of the 6-mile Devil's Icebox cave system. Troop members pictured are Cody Roy, Estaben Palomo, Luis Palomo and Brandon Shields. Boys, 11- to 16-years-old, who are interested in learning more about Scouts can call Master Sgt. Art Roy at 563-9715.

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What's Happening

Community

WT2 meeting set

The Whiteman Tier 2 meeting begins at 12:30 p.m. Wednesday at the community center. There will be a chili cook off during the meeting. The semi-annual highway cleanup begins at 2 p.m. All staff, staff selects and technical sergeants are invited to attend the meeting. The guest speaker will be Robin Smith, family support center community readiness consultant. For more details, call Tech. Sgt. Sam Stoecklin at 687-5127.

WESC hosts craft show

The Whiteman Enlisted Spouses' Club, along with Knob Noster High School's Project Graduation, hosts its annual fall craft show Nov. 13 at the high school gym. Booth space is still available for \$25.00. For more details, call Jennifer Phillips at 563-4091 or e-mail wescnews@charter.net.

ASIST date set

Applied Suicide Intervention Skills Training takes place 7:45 a.m.-4 p.m. Nov. 18-19 at the S-6 conference room. The 509th Bomb Wing Chapel presents this mandated Air Combat Command suicide intervention skills program. All materials are provided to include an intervention manual. Breakfast and lunch are provided both days. Reservations are required and seating is limited to 16 participants. For more details or to register, call the chapel at 687-3652.

Family Support

Call 687-7132 for more details on these events or other family support center activities. Events take place at the FSC.

Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday. Spouses are encouraged to attend. This briefing covers information about preparing for deployment and programs available to family members who are left behind.

Pre-separation briefing set

A pre-separation briefing for people separating from the military begins at 9 a.m. Monday. Representatives from the military personnel flight, family support center, Reserves and finance will provide information. The MPF separations and retirements office schedules members for this briefing. For more information, call 687-1500 or 687-6720.

TAP helps people leaving military

A three-day transition assistance program for people separating or retiring from the military begins at 8 a.m. Tuesday. Attendees will learn basic resume writing skills, interviewing skills, salary negotiation, and receive information on education and Veterans administration benefits. Reservations are required.

WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday. WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and children who have nutritional needs. For more details, call the WIC office in Warrensburg at 747-2012.

Workshop to write resumes

A hands-on workshop that helps people through the resume writing process begins at 1 p.m. Wednesday. Reservations are required.

WINTER,

Continued from Page 10

3. If a blizzard traps you in your car:

- ✓ Pull off the highway. Turn on hazard lights and hang a distress flag from the radio antenna or window.
- ✓ Remain in your vehicle where rescuers are most likely to find you. Don't set out on foot unless you can see a building close by where you know you can take shelter.

Be careful: distances are distorted by blowing snow. A building may seem close, but be too far to walk to in deep snow.

- ✓ Run the engine and heater about 10 minutes each hour to keep warm. When the engine is running, open a window slightly for ventilation. This will protect you from possible carbon monoxide poisoning. You should periodically clear snow from the exhaust pipe.
- ✓ Exercise to maintain body heat, but avoid overexertion. In extreme cold, use road maps, seat covers and floor mats for insulation. Huddle with passengers and use your coat for a blanket.
- ✓ Take turns sleeping. One person should be awake at all times to look for rescue crews.
- ✓ Drink fluids to avoid dehydration.
- ✓ Don't to waste battery power. Balance electrical energy needs with supply.
- ✓ At night, turn on the inside light so work crews or rescuers can see you.
- ✓ If stranded in a remote area, stomp large block letters in an open area spelling out HELP or SOS, and line with rocks or tree limbs to attract the attention of rescuers who may be surveying the area by airplane.
- ✓ Once the blizzard passes, you may need to leave the car and proceed on foot.

With a little preparedness and common sense, we should all be ready to take on this serious threat as it approaches us. For more information, visit <http://www.crh.noaa.gov/lmk/terms.htm>, <http://www.nws.noaa.gov/om/brochures/winterstorm.pdf> and http://www.redcross.org/static/file_cont265_lang0_127.pdf. (*Capt. Corey Hummel, 509th OSS Weather Flight, contributed to this article.*)

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687-6133*



Photo by Donna Lindahl

Where's tin man?

Emery Copley ties her hat as Rebecca Moran looks on during the Mom's, Pop's and Tot's playgroup Oct 21. Children in the playgroup dressed up as scarecrows in anticipation of Halloween. The playgroup meets Thursdays 10 a.m.-noon at the Missouri Army National Guard Armory. The 25 families who participate have the opportunity to make crafts, go on field trips and have holiday parties. The playgroup brings military parents and children together to build friendships and parental support. Emery's parents are Lt. Col. (Dr.) Carl and Jane Copley, 509th Medical Operations Squadron. Rebecca's parents are Senior Airman Daryn and Guadalupe Moran, 509th MDOS. For more information about the playgroup, call family advocacy at 687-4342.

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Bowling Standings

Tuesday Night Mens League (Week 7 of 34
current as of Oct. 20)

Team	Won	Lost
Team 10	24	8
Warrensburg Chrysler	23	9
Team 8	22	10
T.N.L.	19	13
Dilligas	18	14
Gutter Dusters	18	14
Team 4	12	20
Elliot Electric	12	20
Bastages/R	6	26

Wednesday Intramural League (Week 7 of 34
current as of Oct. 20)

Team	Won	Lost
AMXS	42	14
SFS	38	18
OSS	38	18
CPTS	36	20
CES A	34	22
SVS	34	22
MDG A	34	22
MSS/BW	34	22
MXS B	32	24
MUNS	26	30
MXS A	26	30
COMM	19	37
CES B	18	38
MOS	16	40
CES C (Fire Dept.)	12	44
MDG B	9	47
MDG B	18	38



Photo by Airman Jason Burton

Turkey

Andy Anderson, 509th Maintenance Squadron, picks up a spare in the 10th frame during intramural bowling league night Wednesday.



Courtesy photo

Air Force Rugby team members participate in World Class Athlete Program.

Air Force rugby team wins armed forces championship

SAN ANTONIO (AFPN) — The Air Force rugby team swept the competition during the 2004 Armed Forces Rugby Championships held Oct. 18 to 22 at Camp Lejeune, N.C.

The teams played each other in a single round-robin competition with the top two teams competing against each other for the championship.

During the first day, Air Force began the competition defeating the former armed forces champion Army, 31-17. The second game was against the Marines. The Airmen came away with a hard fought 9-6 victory.

On the second day, Air Force dominated Navy, 64-0. In the final game of the round robin, Air Force defeated the

Coast Guard, 59-7.

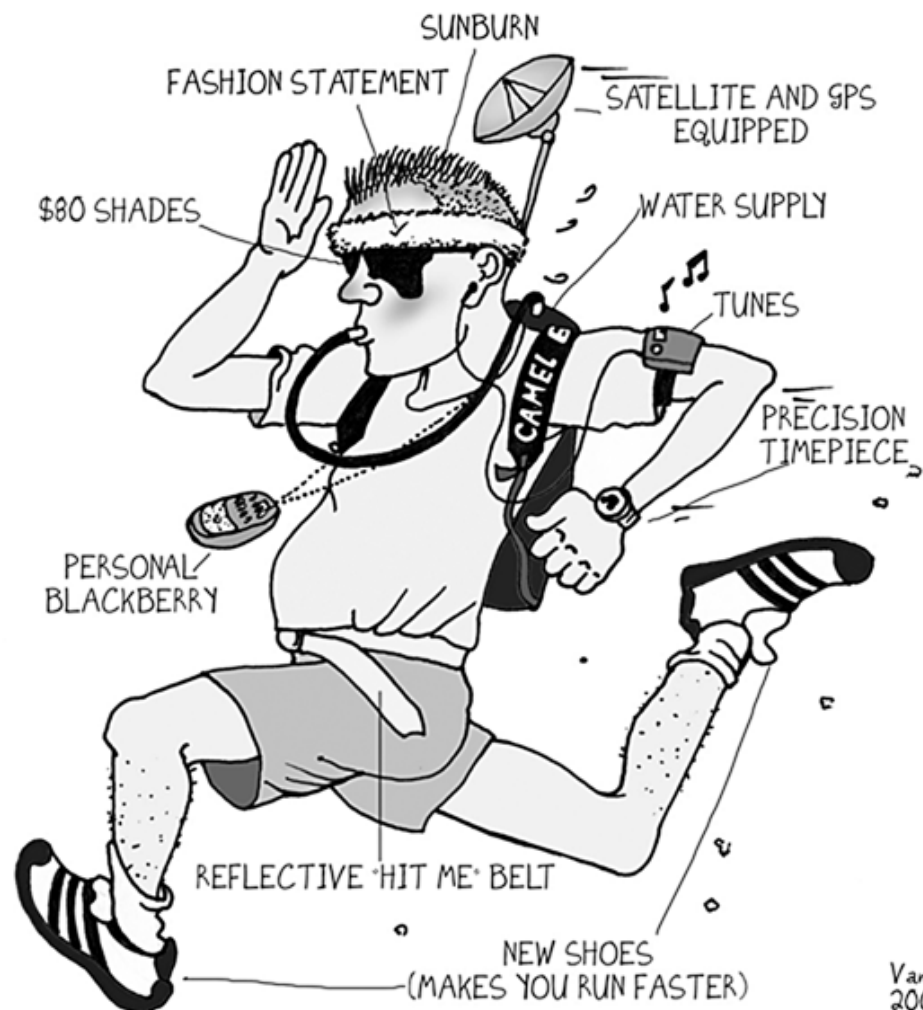
The championship match pitted the 4-0 Airmen against the 3-1 Sailors.

The championship game started off with Navy jumping out to a quick 12-point lead when their kicker made four penalty kicks.

Air Force then rallied together scoring a try, but missing the conversion. The Airmen added a penalty kick to end the first half, with the Navy ahead 12-8. The Air Force dominated the second half by scoring two tries, one conversion and one penalty kick to win, 23-12.

In rugby, a try scores five points, a conversion scores 2 points, and a penalty kick scores 3 points.

Get Fit Dude



Vance
2003




Services Page editor.....Stacey Schindler
509th Services Squadron.....687-4386
*No federal endorsement of mentioned sponsors intended.

FOOD & FUN

Mission's End 687-4422

Post NORI burger burn

Join us and enjoy free hamburgers, hotdogs, chips, beans and beverages at 1 p.m. Monday at Mission's End. This event is given to celebrate the hardwork and success of the wing Nuclear Operational Readiness Inspections.



Whiteman's Last Comic Standing
Enjoy being on stage and entertaining your friends? Prove you're a comedian and sign up for Whiteman's live comedian contest 7-8 p.m. Nov. 12 at Mission's End. Only the first 20 people to sign up will be accepted, you get two minutes open mic, and cash prizes are awarded to first- and second- place winners. Sign up at Mission's End to get your 15 minutes or fame .

SPORTS & RECREATION

Fitness Center 687-5496

Get fit on Route 66

Participate in the quarterly incentive program to get fit on Route 66 now through Dec. 31. Each participant will travel the distance from Chicago to Santa Monica, Calif., using designated cardio equipment: cross trainer, treadmill, stationary bike (upright or recumbent) or the stair climber. Call the fitness center for more details.

Stars & Strikes 687-5114

Halloween spook pack

Bring your family and friends bowling 6 p.m.-midnight Saturday at Stars & Strikes for great specials. Purchase one of four spook packages ranging from \$25 to \$55 for up to 10 people. These packages include: two hours of bowling, shoe rental, soda, candy and food specials. Call Stars & Strikes for more details.

Outdoor Recreation 687-5565

Squadron wall climbing competition

Squadron teams are eligible to schedule wall classes beginning Monday at outdoor recreation. Record your team's rock wall climbs until Apr. 1 to win the competition. All members must be certified to climb the 20-foot wall. The cost is \$5 per participant. Call outdoor recreation to sign up for this event.

Dutch oven cooking

Dutch oven cooking is simple, easy to clean and can be prepared at home for any meal. Bring a recipe or idea and prepare a meal 10 a.m.-1 p.m. Nov. 6 at outdoor recreation. Call outdoor recreation for more information and sign up by Thursday.

TRAVEL & LEISURE

Tickets & Travel 687-5643

A Christmas Carol

Charles Dickens' classic, "A Christmas Carol" is being performed at the Kansas City Repertory Theatre in Mo., Nov. 20 through Dec. 26. A 10 percent military discount is available at Tickets & Travel. Call Tickets & Travel or more information.

HALLOWEEN EVENTS SATURDAY

5-6 P.M. TRICK-OR-TREAT

AT THE WHITEMAN INN, MISSION'S END, FITNESS CENTER, STARS & STRIKES, LIBRARY, OZARK INN, TEEN CENTER, AUTO SKILLS, BX AND COMMISSARY.

4:30-5:30 P.M. PUMPKIN KICK AT THE FITNESS CENTER

5:30-7:30 P.M. BOO BASH AT THE COMMUNITY CENTER

8 P.M. YOUTH COSTUME CONTEST AT STARS & STRIKES

11 P.M. ADULT COSTUME CONTEST AT STARS & STRIKES

7 P.M.-MIDNIGHT TEEN PARTY AT THE TEEN CENTER

Sponsored in part by Services, UMB, Gatorade and Speedway Chevrolet.*



COMMUNITY ACTIVITIES

Community Center 687-5617

Christmas cards to go

People from scouts, church, spouses and school groups or individuals can send Christmas cards and remember our service men and women abroad. Bring a card to the community center beginning Monday through Dec. 4. Call the community center for more details.

Family Child Care 687-5590/1180

FCC orientation class

Receive free training to become a family child care provider 8 a.m.-4 p.m. Nov. 15-19. Providers with chronic health problems are accepted. Pick up a registration package at the family child care office and sign up by Nov. 12.

Teen Center 687-5819

Power hour

During November, teens can do homework, research and use the computer lab 3:30-4:30 p.m. Mondays-Thursdays at the teen center. Enter a drawing for a free DVD player. Call the teen center for more details about this free event.

Library 687-5614

CLEP and DANTES exam prep guides

Check out the library's collection of CLEP and DANTES exam preparation guides; the collections include recommended textbooks and videos. Contact the base library for more information or visit the Website at <http://www.WhitemanAFBlibrary.org> to locate the Air Force Educational Center practice exams.

Veterinary Clinic 687-2667

Safety tips for your pets

Halloween can be a hairy experience for pets. These safety tips can protect them during the month of goblins and ghosts: don't leave your pet outside on Halloween, pranksters may tease, injure, steal or harm them. Call or visit the veterinary clinic for more information.

Skills Development Center 687-5691

Knitting class

Take a beginners three-session knitting class 5:30-7 p.m. Thursday, Nov. 11 and Nov. 18 at the skills development center. The \$27.50 fee includes supplies. Call the skills development center for more details or stop by to sign up.

Marionette puppet making class

children can make a bird puppet 10 a.m.-noon Nov. 6 at the skills development center. The \$10 fee includes supplies. Call the skills development center for more details or stop by to sign up.

Prepare your car for winter

Learn how proper cooling system servicing can help vehicles run better in cold weather 4-6 p.m. Wednesday at auto skills. Call auto skills for more details at 687-5690.

Youth Center 687-5586

Halloween Carnival

Kindergartners through seventh graders can wear their costumes and play games and win prizes 6:30-9:30 p.m. today at the youth center. There is a \$8 fee for members and \$10 fee for nonmembers. Call the youth center for more details.

ACC pre-teen lock-in

Fourth through seventh graders are welcome to the Air Combat Command pre-teen lock-in from 9 p.m. Nov. 5 to 6 a.m. Nov. 6 at the youth center. A \$10 fee includes food, drinks and snacks. Call the youth center for more details and to sign up; spaces are limited.

Favorite games night

Kindergartners through fourth graders are welcome to play and share their favorite games 6:30-9:30 p.m. Nov. 5 at the youth center. There is a \$5 fee for members and \$6.50 fee for nonmembers. Call the youth center for more details.

Whiteman Base Theater

Today

Hero

7 p.m.

PG-13

Starring — Jet Li & Zhang Ziyi

Saturday

Sky Captain and the World of Tomorrow

7 p.m.

PG

Starring — Jude Law & Gwyneth & Paltrow

Sunday

Wimbledon

5:30 p.m.

PG-13

Starring — Paul Bettany & Kirsten Dunst

Adults \$3.50 Youth \$1.75
Movie recording line 687-5110.

Movies are subject to change due to availability.
For current and future movie listings log on to
<http://www.aafes.com/ems/conus/whiteman.htm>.

Gift wrapping at base exchange

Whiteman's booster clubs can participate in community gift-wrapping at the BX during the holidays to raise funds for their organizations. The drawing begins at 10 a.m. Nov. 5 at the community center for organizations to pick their participation dates. E-mail Dianne Maness at dianne.maness@whiteman.af.mil to sign up for the drawing.